



Tips to Help You Eat Fruits & Ways to Incorporate Fruits into the Diet

In general

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Buy fresh fruits in season when they may cost less and taste better.
- Buy fruits that are fresh, dried, frozen, and canned (in water or juice not syrup).
- Buy fruit already cut-up (such as melon or pineapple chunks)

For the best nutritional value

- Make most of your choices whole or cut-up fruit rather than juice.
- Select fruits with a lot of potassium, such as bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon, and orange juice.
- Eat a variety of fruits. Fruits differ in nutrient content.



At meals

- At breakfast, put bananas or peaches in your cereal; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with low-fat or fat-free yogurt.
- At lunch, pack fruit or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.
- At dinner, add crushed pineapple to coleslaw, or include oranges or grapes in a tossed salad.
- Try meat dishes that include fruit, such as chicken with apricots.
- Add pineapple or peaches to kabobs as part of a barbecue meal.
- For dessert, have baked apples, pears, or a fruit salad.





As snacks

- Cut-up fruit makes a great snack. Either cut them yourself, or buy pre-cut fruit like pineapples or melons. Or, try fresh berries or grapes.
- Dried fruits also make a great snack. They are easy to carry and store well.
- Keep a package of dried fruit in your desk or bag. Some fruits that are available dried include apricots, apples, pineapple, bananas, cherries, figs, dates, cranberries, blueberries, prunes (dried plums), and raisins (dried grapes).
- As a snack, spread peanut butter on apple slices or put berries or slices of kiwi fruit in yogurt.
- Frozen juice bars (100% juice) or better choices than high-fat snacks.



Make fruit more appealing

- Try low-fat yogurt or pudding as a dip for fruits like strawberries or melons.
- Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.
- Try applesauce as a fat-free substitute for some of the oil when baking cakes.

Keep it safe

- Wash fruits before eating them. Under clean, running water, rub fruits with your hands to remove dirt. Dry after washing.
- Keep fruits separate from raw meat, poultry and seafood while shopping, preparing, or storing.



This information is adapted from the United States Department of Agriculture.